

# Caswell County Senior Center

## Calendar of Events

The mission of the Caswell Senior Center is to enrich the lives of Caswell Senior Adults by responding to their diverse needs and interests, thereby promoting and improving their well-being.

### July 2006

Note: For additional information or questions please call Caswell Senior Center at (336) 694-7447.

DAY	DATE	TIME	EVENT
Monday	July 3	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		9:30 am	Senior Center Golden Friends will not meet today.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Tuesday	July 4		Center Closed for Independence Day Holiday
Wednesday	July 5	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9:30 am	Bowling Time at Reidsville Lanes. Travel from Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.
		10:30 am	Senior Center Golden Friends. New Library books and storytime with Louise Bendall. Rook and Dominoes are also available. Lunch follows. Reservations required.
		12:30 PM	Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available for assistance those enrolled in Computer Time.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Thursday	July 6	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open

		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		1 pm – 3 pm	Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.
		7:00 pm	Rook Night – Join us in the Senior Center Activity Room for a friendly game.
Friday	July 7	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:30 am	Senior Center Golden Friends Wal-Mart Shopping trip. Departing from the Senior Center at 9:30 am and returning at 12:00 Noon. Lunch follows. Reservations required.
Monday	July 10	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10:30 am	Senior Center Golden Friends. Free Blood Pressure screening and Program by Bayada Nurses. Rook and Dominoes are available as well. Lunch follows the program. Reservations required.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Tuesday	July 11	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am	Choir Practice for Caswell Senior Clef Singers. Richard Winfield, Choir Director
		9 am	Senior Golf Time At Caswell Pines Golf Course Play 9 holes for \$12.00 Lessons are also available by calling the Senior Center.
		10:30 am	Senior Center Board of Directors Meeting
		10:30 am	Senior Center Golden Friends. Rook, Dominoes and Word Puzzles are available. Lunch follows. Reservations required.
Wednesday	July 12	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9:30 am	Bowling Trip at Buffalo Lanes in Raleigh. Travel

			from Senior Center on a CDOT bus, leaving at 7:45 am and returning in late afternoon. Bowl for two hours. Cost for seniors is \$5.00 and is due when registering. Limited space available. See Carrie King at the Senior Center to register.
		10:30 am	Senior Center Golden Friends. Armchair Travel Program - Let's Go To The Seashore. Wear your sun hats and enjoy the learning about Seashells and Ocean Foods. Lunch follows the program. Reservations required.
		12:30 pm	Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available for assistance those enrolled in Computer Time.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
<b>Thursday</b>	<b>July 13</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		8:30 am	Day Trip to Homeland Creamery with 4-H Members Reservations Required.
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.
		1 pm – 3 pm	Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.
<b>Friday</b>	<b>July 14</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:30 am	Senior Center Golden Friends. Children from Rainbow Daycare's Summer Youth Program will join Golden Friends today for games and fun. Lunch follows the fun. Reservations required.
<b>Monday</b>	<b>July 17</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10 am – 12:30 pm	Hearing Checks by Dr. George Zenker. The tests are free but appointments are required. Call Carrie

			<b>King at 694-7447 to schedule an appointment.</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends Wal-Mart Shopping trip. Departing from the Senior Center at 9:30 am and returning at 12:00 Noon. Rook and Dominoes are available in the activity room. Lunch follows. Reservations required.</b>
		<b>11:30 am</b>	<b>Senior Club (The Gadabouts) Picnic</b>
		<b>5:15 pm – 6:15 pm</b>	<b>Exercise Time led by Donna Pointer</b>
		<b>6 pm</b>	<b>Guys Night Out – Take Me Out To The Ballgame! Travel to Danville for Danville Braves Versus Burlington Indians Cost for seniors is \$3.50 plus meal Leave from Senior Center at 6pm Call Carrie King at 694-7447 to reserve your seat.</b>
<b>Tuesday</b>	<b>July 18</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>9 am</b>	<b>Choir Practice for Caswell Senior Clef Singers. Richard Winfield, Choir Director</b>
		<b>9 am</b>	<b>Senior Golf Time At Caswell Pines Golf Course Play 9 holes for \$12.00 Lessons are also available by calling the Senior Center.</b>
		<b>9:15 am</b>	<b>Domiciliary Committee Meeting</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends. Senior Employment Program presented by Gerald Murfree. Games are available as well. Lunch follows the program. Reservations required.</b>
<b>Wednesday</b>	<b>July 19</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>8 am</b>	<b>Seniors Summer Breakfast prepared by John Pleasant and His Chef Friends. Cost is \$4.00 per person. Call Carrie King at 694-7447 by July 13<sup>th</sup> to register.</b>
		<b>9:00 am</b>	<b>Basket Class – features a large “Circle of Friends” basket for \$35.00 per person. Jane Bradsher is the instructor. Registration is required. Call Carrie King at 694-7447 to sign up for this class.</b>
		<b>9:30 am</b>	<b>Bowling Time at Reidsville Lanes. Travel from Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends. It’s Game Day in the activity room! Lunch follows. Reservations required.</b>
		<b>12:30 pm</b>	<b>Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available</b>

			for assistance those enrolled in Computer Time.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Thursday	July 20	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		9 am	Day Trip to Ferrum, VA. Reservations Required.
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.
		1 pm – 3 pm	Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.
		7:00 pm	Rook Night – Join us in the Senior Center Activity Room for a friendly game.
Friday	July 21	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:30 am	Senior Center Golden Friends. The program will celebrate National Picnic Month with word games. We will also explore Italy. Lunch follows the program. Reservations required.
Monday	July 24	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10:30 am	Senior Center Golden Friends. Welcome guest speaker Faye McGhee from the Geriatric Specialty Team as she presents “Senior Safety.” Lunch follows the program. Reservations required.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Tuesday	July 25	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am	Choir Practice for Caswell Senior Clef Singers. Richard Winfield, Choir Director
		9 am	Senior Golf Time At Caswell Pines Golf Course Play 9 holes for \$12.00

			Lessons are also available by calling the Senior Center.
		10:30 am	Senior Center Golden Friends. Birthday Party celebrating July birthdays. We will also play Birthday Bingo. Rook and Dominoes are available as well. Lunch follows. Reservations required.
		10 am – 12 Noon	Legal Time with Attorney Diane Brady. Call Carrie King at 694-7447 to schedule an appointment.
		6 pm	Caregiver Support Program Meeting – meets on the 4 <sup>th</sup> Thursday of each month in the activity room of the senior center. Jeannine Everidge is the Program Coordinator.
Wednesday	July 26	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9:30 am	Bowling Time at Reidsville Lanes. Travel from Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.
		10:30 am	Senior Center Golden Friends. Health Update features “Baby Your Bones.” Rook and Dominoes are available as well. Lunch follows the program. Reservations required.
		12:30 pm	Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available for assistance those enrolled in Computer Time.
		12:30 pm	Scrapbooking Class with Heidi Hegeman, instructor.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Thursday	July 27	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.
		1 pm – 3 pm	Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.

<b>Friday</b>	<b>July 28</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends. Today's Medical Notes Program features Dental Health. Lunch follows. Reservations required.</b>
<b>Monday</b>	<b>July 31</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>9 am – 10 am</b>	<b>Exercise Class. Cheryl Swiney, instructor</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends. Today's Program – The Dog Days of Summer. Rook and Dominoes are available as well. Lunch follows the program. Reservations required.</b>
		<b>5:15 pm – 6:15 pm</b>	<b>Exercise Time led by Donna Pointer</b>